

IMPROVED HEALTH **MARCH** WORKOUT CALENDAR

INTERMEDIATE LEVEL WORKOUTS – CARDIO + STRENGTH

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|---|--|---|
| <p>1 20 min Cardio Kickboxing, 132 bpm https://youtu.be/Me171bQoPMc</p> | <p>2 New upload (45 min all-in-one) + 15 min Strength https://youtu.be/O9PTFZcRA60</p> | <p>3 45 min 5000 Steps https://youtu.be/xq3HSC1N68Y</p> | <p>4 30 min Cardio & Lower Body (Day 1) https://youtu.be/ZiG9xPBqwKI</p> | <p>5 30 min Cardio & Upper Body (Day 2) https://youtu.be/k1MV7Voa5X4</p> | <p>6 30 min Cardio, 130 bpm, 20/10 https://youtu.be/pjn8OOC1b0Q</p> | <p>7 30 min Power Walk, 128 bpm (intervals) https://youtu.be/94XDPrxvckE</p> |
| <p>8 45 min Cardio https://youtu.be/0djMDrNliol</p> | <p>9 30 min Cardio and Strength with intervals https://youtu.be/Yzu1x9ik8dg 10 min Strength https://youtu.be/YhNf89BzU</p> | <p>10 30 min Country Cardio, 130 bpm, 20/10 https://youtu.be/_yqz8qoQA-8</p> | <p>11 40 min All-in-One with intervals https://youtu.be/Gew8bclest4</p> | <p>12 30 min Dance Cardio https://youtu.be/nW1sLPyf_U4</p> | <p>13 25 min Strength, 3 sets https://youtu.be/XNEiC6Rrz0M</p> | <p>14 30 min Cardio, 128 bpm, 30 sec moves https://youtu.be/MOz41fYRBvs</p> |
| <p>15 20 min Weight Loss Interval Workout https://youtu.be/d7r-oFTfK34 1 Mile Brisk Walk https://youtu.be/8I76TFbW6bs</p> | <p>16 20 min Dynamic Cardio & Strength https://youtu.be/94VywSkqtQ 10 min Dance Party https://youtu.be/MNYiynDHGJ4</p> | <p>17 40 min Cardio, 4575 steps https://youtu.be/AaMvI9SPEu8</p> | <p>18 30 min Ultimate All-in-One https://youtu.be/m0fEoy7bxXw 10 min Strength over 50 https://youtu.be/YhNf89BzU</p> | <p>19 25 min Power Walk https://youtu.be/TCbmsoA_xf0 10 min Standing Abs https://youtu.be/cfROwfwCYsQ</p> | <p>20 45 min All-in-One https://youtu.be/JmPDiD4ekvs</p> | <p>21 30 min Japanese Walking Intervals https://youtu.be/UmJXLXwn5II</p> |
| <p>22 30 min Cardio; 20/10 https://youtu.be/pjn8OOC1b0Q</p> <p>29 30 min Japanese Walk https://youtu.be/mJ0s1Cq8Lf8</p> | <p>23 15 min Cardio https://youtu.be/8I76TFbW6bs 25 min Strength, 3 sets https://youtu.be/XNEiC6Rrz0M</p> <p>30 40 min All-in-One, 3 sets https://youtu.be/Gew8bclest4</p> | <p>24 30 min Dance Cardio https://youtu.be/nW1sLPyf_U4</p> <p>31 30 min Waist Slimming Cardio https://youtu.be/yUmNojSXlvA</p> | <p>25 30 min Metabolism Boost All-in-One https://youtu.be/e5EjTrB0rwo 15 min Strength https://youtu.be/O9PTFZcRA60</p> | <p>26 30 min Country Cardio https://youtu.be/_yqz8qoQA-8</p> | <p>27 30 min All-in-One with intervals https://youtu.be/Yzu1x9ik8dg</p> | <p>28 30 min 4000 Steps https://youtu.be/rev3WYnbkR4</p> |

